

Location

Services are available in a variety of settings, including in the individual's home. Outings into the community are also an important part of the **Brain & Body Fitness Program**.

Call today to get more information about the program!



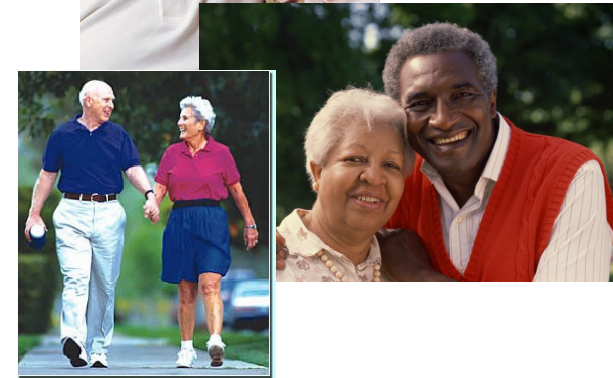
**Jefferson County
1541 Annex Road
Jefferson, WI 53549**

**920-674-8734
866-740-2372**

**Email:
adrc@jeffersoncountywi.gov**

There is no cost to participate in the **Brain & Body Fitness Program**.

Last Update 8/15/2017



**Language Enriched
Exercises for People
with Alzheimer's
Disease**

BRAIN & BODY FITNESS PROGRAM –

The **BRAIN & BODY FITNESS PROGRAM** matches people with Alzheimer's disease or other Dementias to a community volunteer who will exercise with them and accompany them on outings in the community for volunteer activities and social enjoyment.

The **BRAIN & BODY FITNESS PROGRAM** is a research project intended to replicate the successful study performed at the University of Arizona using the same methods. The study showed people with Alzheimer's disease who participated experienced improved physical fitness and mood.

Family caregivers of people with Alzheimer's disease can also benefit from the **BRAIN & BODY FITNESS PROGRAM** by taking advantage of the time the participant spends with the volunteer to rest and refresh, or complete tasks that are easier to do alone.



The **BRAIN & BODY FITNESS PROGRAM** is a program for people with mild to moderate Alzheimer's disease. To participate, you need to:

- Be a resident of Jefferson county.
- Live in your home or the home of a family member.
- Be willing to go on outings with a community volunteer.
- Be able to perform simple exercises twice per week.
- Be able to follow verbal directions and participate in conversation.

What will I do if I enroll in **BRAIN & BODY FITNESS PROGRAM**?

- An individualized exercise program will be developed for you in your home or other setting of your choice.
- A volunteer will be matched with you to accompany you in exercising once a week.
- The volunteer will also accompany you once a week to participate in volunteer work or social activity.
- You will also be encouraged to exercise with a family member or friend at least once a week.
- You and your volunteer will work together to decide where and when you would like exercise and go on outings.

